

From the Editor

Dear Readers:

This is a time of multiple changes in the way we are accustomed to functioning in our professional lives. We are being challenged on diverse fronts, from the manner in which we practice perfusion to the way we are being remunerated for our services. The direction of the technological changes seems to be without logic. An open chest without cardiopulmonary bypass at times is the goal, because, of course, the heart-lung machine is not good for you. But then on your next case, a closed chest with cardiopulmonary bypass is the desired method, because an open chest prolongs healing. Coupled with this, we are being asked to spend yet greater amounts of time documenting everything from staffing and equipment needs to policies and procedures.

I recently read an excerpt from a book by Naomi Levy entitled *To Begin Again: The Journey Toward Comfort, Strength, and Faith in Difficult Times*. The excerpt addressed the need for a day of rest. This really struck a note with me. Let me quote: "True rest gives us a completely different perspective on all of life's difficulties. It allows us to heal, to reflect, to give thanks, and to face whatever lies ahead with a renewed sense of calm." This might have been written for us, as perfusionists practicing in 1998. I hope you will agree with the importance of a day of rest and find that time for yourself. Reflection almost always leaves me with a huge sense of accomplishment, both for my own endeavors and for all that has been accomplished in the field of cardiac surgery. We are fortunate to be able to do something so important and to touch so many people in such a profound way.

So take out your calendars and pencil in a day of rest.

Sincerely,

Phyllis Palmer Stark, CCP
Editor

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